



Mr Nicholas Agar

GEELONG
Head and Neck

Panendoscopy

Discharge Date

Post Op Appointment

Discharge meds given? Yes / No

Time Panadol last given

The Recovery

The recovery from Panendoscopy varies greatly between patients depending on the specific indication, which locations inside your throat may be abnormal, or which locations have been biopsied. You should have someone at home with you for the first night after the surgery. If this is not possible please discuss this with me.

It is normal to have:

- a sore throat for about 1 week
- minor amounts of blood streaking in your phlegm for a few days.
- a bruised feeling in your upper gums for patients who wear an upper denture

Time Off

You will typically need from 2 to 7 days off work. I advise strictly no exercise/exertion during this period. *Please ask for a certificate if needed.*

Diet

It is very important to stay well hydrated - I recommend three extra glasses of water per day. A normal diet is safe although softer foods are often easier to tolerate if your throat is sore.

Some useful examples are:

- Dairy foods; yoghurt, milk, smoothies, soft cheeses, ice cream.
- Vegetables; steamed or boiled, mashed potatoes/pumpkin, soups.
- Fruit; pureed or stewed.
- Proteins; Eggs poached or scrambled, fish, baked beans, mince meats.
- Grains; breakfast cereals (softened with milk), porridge.

Post Op Medications

Prescriptions will be individualised according to other health issues, age, weight and any allergies. The key is to take regular pain relief even if you feel ok to avoid severe pain occurring.

My typical prescription is for:

- 1) Regular Paracetamol 4 times daily for 5 days
- 2) Regular Celebrex (a newer anti-inflammatory) twice daily for 5 days
- 3) Some patients may require Oxycodone (a strong opiate pain killer). If this is being used and you are developing constipation please ask your pharmacist for advice regarding commencing laxatives.

Post Op Problems

Bleeding. There should be no further blood in your phlegm beyond 48hrs. If you do have ongoing bleeding, a few small specks or streaks in the saliva can be managed at home with sucking on ice, however **any ongoing active or fresh bleeding needs to be reported.**

- 1) **In hours call me via my office 52218490**
- 2) **After hours call me on my mobile 0425746617**
- 3) **If I am unable to respond please -attend the Geelong Hospital Emergency Department and the on-call ENT surgeon will become involved if necessary.**
OR
- 4) **call an ambulance on 000**

If bleeding occurs I tend to observe you in hospital where there is 24hr access to the operating theatre and ward staff readily available to deal with the problem.

Breathing Difficulties

After a biopsy there can be some temporary swelling inside the throat. If you develop noisy breathing or difficulty getting air in and out you should call an ambulance.

Perforation of the Oesophagus

This is a rare complication of oesophagoscopy, but more common where an oesophageal tumour is present. Symptoms are feeling generally unwell, and developing major chest/upper back pain & fevers. If you are concerned please contact me and or present to the Emergency Dept.

DO

Take regular analgesia to prevent your pain becoming severe.
Keep well hydrated and try to maintain your nutrition.
Consider using this procedure as a stimulus to QUIT smoking.
Rest your voice as directed.

DON'T

Exercise/exert yourself for 1 week
Smoke during your recovery period